

FITNESS CLASSES AT BNL
September 2006 – updates as of 9/11



JAZZERCISE

Tuesday & Thursday from 12:00pm - 1:00pm at the Rec Hall
Tuesday Session: Sept 12 to Oct 31
Thursday Session: Sept 14 to Nov 2
\$90 for 8 week session of twice a week, plus you may use the Shirley location.

AQUA AEROBICS

Tuesday & Thursday from 5:15 - 6:15pm at the Pool
Classes begin September 26 thru November 16, 2006
8-week session - \$20 for once a week, \$40 for twice a week.



YOGA / PILATES

Monday 12:15-1:15pm & Wednesday 5:15-6:15pm at the Rec Hall
Monday Session: 9/18 thru 11/6
Wednesday Session: 9/20 thru 11/8
8 week session - \$65 for once a week, \$80 for twice a week

ADVANCE REGISTRATION FOR THE ABOVE CLASS IS REQUIRED!
Please make checks payable to BERA and mail to Recreation Office, Bldg. 179B

The following classes do not require registration and are either FREE or Pay-As-You-Go:

Aerobic Fitness

Tuesday & Thursday in the Rec Hall at 5:15pm
10 Classes for \$40, or \$5 per class
Contact Pat Flood x7866 or email: flood@bnl.gov

Jui Jitsu

Tuesday in the Gym from 6:30-7:30pm
All levels, ages 6 and above. \$10 per class
Contact Tom Baldwin x4556 or
email: baldwint@bnl.gov

Ving Tsun Kung Fu

Tuesday, Thursday & Friday - 12 noon-1pm
at Brookhaven Center North Room
Taught by Master William Moy. Tuition
Contact Scott Bradley, x5745 or
email: Bradley@bnl.gov

Reiki Healing Circle

Thursday, 12 Noon - 211 Conference Room
Contact Nicole Bernholc x2027 or
email: bernholc@bnl.gov FREE

Yoga

Wednesday - 12 noon at Brookhaven Center
Contact ILA Campbell x2206 or
email: ila@bnl FREE

Tai Chi

Monday, Thursday & Friday, 12 noon-1pm
at Brookhaven Center North Room
Contact Adam Rusek, x5830 FREE

Cardio KickBoxing

Monday & Thursday - Gym at 12 Noon
\$5 per class - Pay As You Go
Contact Joanne Rula x8481 or email jrula@bnl.gov

Enjoy BNL's Pool, Gym, Parcourse, Tennis Courts and all fitness activities!
Tours of the Pool, gym and exercise room are always available, please call ext 2873.
FOR A LISTING OF ALL CLUBS & ACTIVITIES, PLEASE GO TO www.bnl.gov/bera

Additional activities:

- The BERA Soccer league plays outdoors on Tuesday, Thursday & Fridays at the Recreation Park/Ball Field areas at Noon. For the winter months, you can join a pick up game in the gym on Tuesdays at Noon and Friday evenings.
Volleyball team rosters must be handed in by 9/20. If you're interested in joining, call ext 7451. BERA Volleyball League plays in the gym on Monday & Wednesday evenings, and there are pick up/practice games at Thursday noon and Saturday at 10am. For more information regarding volleyball go to: http://www.vb.bnl.gov/
Basketball pick up games are in the gym on Monday, Wednesday & Friday at Noon.
Badminton games are held daily from 11am-1pm in the gym.

For more club information, please go to: www.bnl.gov/bera

2006 BERA FITNESS REGISTRATION for Jazzercise, Aqua Aerobics and Pilates

Activity: _____ Class Day: _____
Name: _____
(Please Print)
BNL Life/Guest Number: _____ Building Number: _____
Phone Number: _____ Email address: _____
Emergency Contact and Phone Number: _____
Please mail to: Recreation Office, Building 179B